

Off- Season Phase 2

Day 1

A1 Front Squat

| Week | Sets | Reps |
|------|------|------|
| 1 | 5 | 5 |
| 2 | 5 | 5 |
| 3 | 3 | 3 |
| 4 | | 1RM |

| Set 1 | Set 2 | Set 3 | Set 4 | Set 5 |
|-------|-------|-------|-------|-------|
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A2 Quad/Hip Flexor Mobilization

| Week | Sets | Reps |
|------|------|---------|
| 1 | 3 | 10/side |
| 2 | 3 | 10/side |
| 3 | 3 | 10/side |
| 4 | 3 | 10/side |

| Set 1 | Set 2 | Set 3 |
|-------|-------|-------|
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B1 Hip Thruster w/ DB

| Week | Sets | Reps |
|------|------|------|
| 1 | 3 | 15 |
| 2 | 3 | 12 |
| 3 | 3 | 10 |
| 4 | 3 | 8 |

| Set 1 | Set 2 | Set 3 |
|-------|-------|-------|
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B2 Bodyweight Posterior Lateral Lunge

| Week | Sets | Reps |
|------|------|---------|
| 1 | 3 | 10/side |
| 2 | 3 | 10/side |
| 3 | 3 | 10/side |
| 4 | 3 | 10/side |

| Set 1 | Set 2 | Set 3 |
|-------|-------|-------|
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C KB Swing

| Week | Sets | Reps |
|------|------|------|
| 1 | 5 | 10 |
| 2 | 5 | 15 |
| 3 | 5 | 15 |
| 4 | 5 | 20 |

| Set 1 | Set 2 | Set 3 | Set 4 | Set 5 |
|-------|-------|-------|-------|-------|
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Off- Season Phase 2

Day 2

A1 Pull-up (shoot for 5-15 reps, use band if needed)

| Week | Sets | Reps |
|------|------|------|
| 1 | 3 | max |
| 2 | 4 | max |
| 3 | 5 | max |
| 4 | 3 | max |

| Set 1 | Set 2 | Set 3 | Set 4 | Set 5 |
|-------|-------|-------|-------|-------|
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A2 Feet Elevated Side Plank

| Week | Sets | Reps |
|------|------|-------------|
| 1 | 3 | 20-60s/side |
| 2 | 3 | 20-60s/side |
| 3 | 3 | 20-60s/side |
| 4 | 3 | 20-60s/side |

| Set 1 | Set 2 | Set 3 |
|-------|-------|-------|
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B1 3-Point Row

| Week | Sets | Reps |
|------|------|--------|
| 1 | 4 | 8/side |
| 2 | 4 | 8/side |
| 3 | 4 | 8/side |
| 4 | 4 | 8/side |

| Set 1 | Set 2 | Set 3 | Set 4 |
|-------|-------|-------|-------|
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B2 Push-up

| Week | Sets | Reps |
|------|------|------|
| 1 | 3 | max |
| 2 | 3 | max |
| 3 | 3 | max |
| 4 | 3 | max |

| Set 1 | Set 2 | Set 3 |
|-------|-------|-------|
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C1 Rear Foot Elevated Split Squat Hold

| Week | Sets | Reps |
|------|------|----------|
| 1 | 3 | 40s/side |
| 2 | 3 | 50s/side |
| 3 | 3 | 60s/side |
| 4 | 3 | 70s/side |

| Set 1 | Set 2 | Set 3 |
|-------|-------|-------|
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C2 Plank on Physioball- Rolls

| Week | Sets | Reps |
|------|------|------|
| 1 | 3 | 10 |
| 2 | 3 | 10 |
| 3 | 3 | 10 |
| 4 | 3 | 10 |

| Set 1 | Set 2 | Set 3 |
|-------|-------|-------|
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Off- Season Phase 2

Day 3

A1 Conventional Deadlift

| Week | Sets | Reps |
|------|------|------|
| 1 | 5 | 5 |
| 2 | 5 | 5 |
| 3 | 5 | 3 |
| 4 | 5 | 3 |

| Set 1 | Set 2 | Set 3 | Set 4 | Set 5 |
|-------|-------|-------|-------|-------|
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A2 Spider Lunge w/ Hamstring Floss

| Week | Sets | Reps |
|------|------|---------|
| 1 | 3 | 10/side |
| 2 | 3 | 10/side |
| 3 | 3 | 10/side |
| 4 | 3 | 10/side |

| Set 1 | Set 2 | Set 3 |
|-------|-------|-------|
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B1 Eccentric Single Leg Squat to box

| Week | Sets | Reps |
|------|------|------|
| 1 | 3 | 10 |
| 2 | 3 | 10 |
| 3 | 3 | 10 |
| 4 | 3 | 10 |

| Set 1 | Set 2 | Set 3 |
|-------|-------|-------|
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B2 Physioball Bridge

| Week | Sets | Reps |
|------|------|------|
| 1 | 3 | 10 |
| 2 | 3 | 12 |
| 3 | 3 | 15 |
| 4 | 3 | 20 |

| Set 1 | Set 2 | Set 3 |
|-------|-------|-------|
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C Sled Push (10-20 yards)

| Week | Sets | Reps |
|------|------|------|
| 1 | 5 | |
| 2 | 5 | |
| 3 | 5 | |
| 4 | 5 | |

| Set 1 | Set 2 | Set 3 | Set 4 | Set 5 |
|-------|-------|-------|-------|-------|
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Off- Season Phase 2

Day 4

A1 Alt. Incline DB Bench- Hold at Top

| Week | Sets | Reps |
|------|------|------|
| 1 | 4 | 8 |
| 2 | 5 | 6 |
| 3 | 4 | 3 |
| 4 | 5 | 10 |

| Set 1 | Set 2 | Set 3 | Set 4 | Set 5 |
|-------|-------|-------|-------|-------|
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A2 Yoga Push-up

| Week | Sets | Reps |
|------|------|------|
| 1 | 3 | 6 |
| 2 | 3 | 8 |
| 3 | 3 | 10 |
| 4 | 3 | 12 |

| Set 1 | Set 2 | Set 3 |
|-------|-------|-------|
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B1 Incline Bench Row

| Week | Sets | Reps |
|------|------|------|
| 1 | 6 | 12 |
| 2 | 6 | 12 |
| 3 | 6 | 10 |
| 4 | 6 | 10 |

| Set 1 | Set 2 | Set 3 | Set 4 | Set 5 | Set 6 |
|-------|-------|-------|-------|-------|-------|
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B2 Side Lying External Rotation

| Week | Sets | Reps |
|------|------|--------|
| 1 | 3 | 8/side |
| 2 | 3 | 8/side |
| 3 | 3 | 8/side |
| 4 | 3 | 8/side |

| Set 1 | Set 2 | Set 3 |
|-------|-------|-------|
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C1 Push-up Hold

| Week | Sets | Reps |
|------|------|----------|
| 1 | 3 | 30s/side |
| 2 | 3 | 40s/side |
| 3 | 3 | 50s/side |
| 4 | 3 | 60s/side |

| Set 1 | Set 2 | Set 3 |
|-------|-------|-------|
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C2 Incline Bench T's

| Week | Sets | Reps |
|------|------|------|
| 1 | 3 | 10 |
| 2 | 3 | 10 |
| 3 | 3 | 10 |
| 4 | 3 | 10 |

| Set 1 | Set 2 | Set 3 |
|-------|-------|-------|
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